

## Positive Alternatives 2016 - 17 Quarterly Update

Grantee (Name and city): Philomena House, St. Paul

Contact: Joyce Nevins, Director

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**Goal:** To provide temporary housing for 2 to 4 pregnant women in a life affirming program that empowers them to become financially independent and self sufficient

For the period/quarter: April 1 – June 30, 2016

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities Grant</b>	Administer grant activities		Joyce Nevins, Director Sharon King, Housemother Anne Bolle, Housemother	
<b>Outreach</b>	Promote Grant activities		Visited Abria and had a tour. Also explained what Philomena House can do to help homeless, pregnant women. Interviewed and accepted their client who has been living in shelters for 5 years.	
<b>Education – Financial Assistance</b>	*Provide individual assessment to residents prior to entering *Financial Coaching classes *Provide financial classes to increase financial literacy and move residents to self-sufficiency	2-4	20 yr.old, 5 months pregnant guest admitted 6-17, due in Oct.. She has been in shelters for past 5 years because Grandmother died. Is enrolled as a new patient at Hennepin County for care with midwives. She has already got a job application from Dellwood Gardens across the street and is interested in attempting to enter the Jeremiah Program and go to a Tech. Sch..Will attend our volunteer dentist for further guidance because she has "impacted wisdom teeth". One is planning to leave by Sept. 1 and has her	

	*Assist residents in completing applications for financial assistance for college, permanent housing and other needs.		license to drive bus. Her son is 10 months old and has immunizations up to date. One was re-admitted in May (from last June) and is being monitored so as to have her child reunited with her permanently. But left abruptly in June because her father was very ill. One is planning to place her baby and has 'picked' the adoptive family. She is also planning to work across the street from our residence and already has a 4 yr. old son who lives with his grandmother. She is not interested in more education at this time. She is a hairdresser and just "wants a job". She will deliver in June. All are busy looking for affordable housing.	
<b>Housing Assistance and Administration</b>	<p>*Provide a home and evening meal for 2 - 4 women (and their babies when born) up to one year, are 18 -26 yrs., and who were previously homeless because of their pregnancies.</p> <p>*Clothing is also available for moms and infants.</p> <p>*Life-skills classes (cooking, gardening, comparative shopping for high protein and low cost, low Carb. food),</p> <p>*weekly life and financial coach group and individual meetings with mentor and doula.</p> <p>*"Family" meeting once a week with all the members of house and director.</p>	2-4	<p>Our meal program includes shopping and each must cook a meal (of their choosing) each week.</p> <p>Each puts needed items on the grocery list and then shops for these with the housemother. At this time packages are checked for nutrition: Sodium, Fat, Carb, Protein/vs. Cost.</p> <p>Each attends Life and Financial Coach classes.</p> <p>One family meeting today with new guest and two other guests.</p> <p>One was working and is a DQ manager while her son is thriving at a Day Care. Is excited about leaving and moving into her own apartment the end of August.</p> <p>Each has a Doula and a mentor and has visited with them at least 2 times.</p> <p>The I Con is being organized for one in the next two weeks-- cancelled because she left abruptly.</p> <p>Two guests have attended the dentist for preliminary exams.</p> <p>Follow-up meetings with two on two occasions with each</p> <p>Guests attended three meetings with "family" so far.</p> <p>Guests access Obstetrician and Pediatrician according to their</p>	12.  8  4  2  4  6  3

	<ul style="list-style-type: none"> <li>*Provide intake assessment: Director assigns a volunteer mentor and Doula for each guest</li> <li>*helps coordinate Obstetrician, Pediatrician and PHN / and</li> <li>*assesses other needs: eyes, dental, addictions/adjustment to the Philomena House.</li> <li>*Follow up assessment by two weeks: (Director records phone numbers/location of Hospital, Drs. and PHN.)</li> <li>*Discusses compatibility with assigned mentor and doula. *All appointment times recorded on office and kitchen calendars.</li> <li>*Jobs and Education interests also discussed at this time.</li> <li>*The initial Care conference (once a month) is arranged with all involved: PHN, mentor, doula, Coaches, housemother and director. Other (may include "mom's first" or ARMS worker etc.)</li> </ul>		<p>insurance. One changed to Regions to be closer, Two remain at Hennepin for care.</p> <p>Two guests are attending two times each week at addiction treatment centers.</p>	4
<b>Mentoring and Doula Programs</b>	<ul style="list-style-type: none"> <li>*Pair residents with volunteer mentors and birth doulas</li> <li>*Provide intake assessment</li> <li>*Safe sleep and Car seat, 'shaken baby' education</li> </ul>	2-4		ongoing

	<ul style="list-style-type: none"> <li>*Provide support in carrying baby to term, setting goals, assist with development in areas indicated in assessment</li> <li>*Mentor and Doula may be present for Care Conference and the delivery</li> <li>*Post-partum Doula assists in care of mother and baby after delivery</li> <li>*Mentor/and Doula may continue with guest after she leaves Philomena House</li> </ul>			
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>*Provide nutrition education for pregnant and parenting women</li> <li>*Provide healthy snacks during meetings</li> <li>*Provide instruction in meal planning, comparative shopping (Cost vs. protein, sodium and carbs.) and cooking</li> <li>*Provides encouragement and 'tips' to new mom( breast/bottle feeding)</li> <li>*Provide instruction on cleaning bottles and equipment</li> </ul>	2- 4		ongoing

<b>Parenting Education</b>	*Provide parenting education to residents on topics including child care, normal growth and development. Health, *immunizations and making parenting plans. (Adoption) *Hormonal changes and 'postpartum blues' *Importance of exercise for baby and mom *Baby message and motion exercises	2-4	Our new guests plans to breast feed, and her doula specializes in teaching baby message and exercises for baby. One who plans to place her baby with adoptive family met with the Holy Family Adoption Agency for three hours. (first meeting) We will encourage and have permission for two others to 'listen in' on next meeting. After the first meeting "endless" discussion occurred for almost a week with all our guests. Three expressed negative opinions but the adopting mother persists in her decision at this point.	2 1 4
<b>Pregnancy Education</b>	*Provide information on healthy pregnancies, importance of early prenatal care, nutrition and exercise. *Provide information on safe use of treadmill and stationary bike *Provide alcohol, drug and smoking cessation information	2-4	We recently purchased five DVD's about Parenting tips, car seats, , Dating, safe sex/purity and The effect of Family Violence on Children. If the guest watches all five she can earn a \$25.00 gift card. We will also discuss each one. Exercise equipment safety is frequently discussed. None of our present guests smoke. Two take anti-depressants.	3 4
<b>Provide Necessary Services to all clients</b>	*Provide intake assessment to determine need. *Provide women with information on, referral to and assistance with securing pregnancy support services. *Utilize our extensive resource database to provide information and make referrals	3-12	Intake done for all guests  Pregnancy support with doula – all guests  All guests utilize our resources	4 4 4

<b>Provide Necessary Services Assessments Only</b>	<ul style="list-style-type: none"> <li>*Provide intake assessment to determine need.</li> <li>*Provide women with information on, referral to and assistance with securing pregnancy support services.</li> <li>*Utilize our extensive resource database to provide information and make referrals</li> </ul>	3-12	<p>We have taken three to the Obstetrics appointments. Our fourth, newest guest will make her appointment very soon. She will also attend our dentist.</p> <p>All are using our computer and Referral booklet for housing, jobs, mental health, and other services.</p>	4 2
<b>Transportation</b>	<ul style="list-style-type: none"> <li>*Provide bus passes for transportation assistance to:</li> <li>*Educational Opportunities and work as well as doctor/dentist/other appointments.</li> <li>*Philomena House is half a block from a bus stop.</li> <li>*Some volunteers need gas reimbursement.</li> </ul>	2-4	<p>Our [REDACTED] car needs repair and we have been giving her bus passes to get to Day Care and her Job.</p> <p>One uses bus pass and is comfortable taking bus to her appointments.</p> <p>One is from a small town and is "afraid" to use the bus. She has a car that is unpredictable so we take her to appointments.</p> <p>One is usually picked up by her mother and son to reunite them at least once a week but uses the bus for many appointments</p>	Ongoing for 3

<b>Maternal and Child Health Initiative Task Force Strategies</b>	No.
Number of women who received car seats and car seat safety education from a PA funded program activity	1
Number of women who received car seat safety education only from a PA funded program activity	2
Number of women who received child abuse prevention education from a PA funded program activity	3
Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity	3
Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity	2
Number of women who received sleep safety education only from a PA funded program activity	1

**Challenges:** There is a great deal of activity at the house and we strive to see that all are given attention and their needs are adequately addressed EACH DAY. Two are working on reuniting with their children. (One just left abruptly) One is placing ( we think ) her baby for adoption and one is due in Oct.. The group seems "meant to be together" and we are amazed at what information is exchanged and how they are learning very important parenting techniques and support for each other's situations. Meetings are very difficult to schedule with one mom working and two attending lengthly addiction treatments twice each week. All use the bus for their appointments which takes even longer. They try and keep up with everything but as Director I would love to spend more time with them to plan their futures. Our housemothers try to make their time 'at home' conducive to rest and relaxation but also need to teach and direct them toward independence and healthy living.

**Comments:** We have much sadness at times with the adoption and also joy. Hormones are raging but totally appropriate and in 'control'. Our housemothers are indispensable and I would hate to see this group grappling with their problems without this wonderful home for them to relax and be supported in their "hour of need".